



January 2012

Vernon School Lunch Menu- RHS

Happy New Year!



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>New Year's Holiday No School</p> 	<p>3</p> <p>Mozzarella Sticks Noodles w/ Sauce Hot Vegetable Fruit or Chicken Nuggets</p>	<p>4</p> <p>Sloppy Joe on Wheat Roll Spicy Potato Curls Hot Vegetable Shape Up Bar or Toasted Cheese Sandwich</p>	<p>5</p> <p>Cheese Quesadilla Brown Rice Hot Vegetable Fruit or Chicken Caesar Wrap w/ Lettuce</p>	<p>6</p> <p>Cheese Pizza Garden Salad w/ Spinach Lite Dressing Fruit or Foot Long Hot Dog</p>
<p>9</p> <p>Chicken Nuggets Mashed Potatoes Hot Vegetable Fruit or Fun Fish</p>	<p>10</p> <p>Early Dismissal Breakfast & Sandwiches Available</p>	<p>11</p> <p>Meatball Grinder Potato Puffs Hot Vegetable Sherbet or Turkey Wrap w/ Cheese, Lettuce</p>	<p>12</p> <p>Soft Taco w/ Beef, Cheese Lettuce, Salsa Spanish Rice Hot Vegetable Fruit or Chicken Tenders</p>	<p>13</p> <p>Cheese Pizza Garden Salad w/ Spinach Lite Dressing Fruit or Cheeseburger on Wheat Roll</p>
<p>16</p> <p>Martin Luther King Day No School</p> 	<p>17</p> <p>Chicken Patty on Wheat Roll (Regular or Spicy) Oven Baked Fries Hot Vegetable Fruit or Beef Teriyaki Bites</p>	<p>18</p> <p>Cheese Ravioli w/ Sauce Whole Wheat Bread Stick Hot Vegetable Shape Up Bar or Bacon, Egg & Cheese Sandwich</p>	<p>19</p> <p>Cheeseburger on Wheat Roll Spicy Potato Curls Hot Vegetable Fruit or Mozzarella Sticks w/ Noodles</p>	<p>20</p> <p>Cheese Pizza Garden Salad w/ Spinach Lite Dressing Fruit or Foot Long Hot Dog</p>
<p>*Chinese New Year* 23</p> <p>Sweet-Sour Popcorn Chicken Brown Rice Oriental Mixed Vegetable Fruit or Mozzarella Sticks</p> 	<p>24</p> <p>Ham, Egg & Cheese Sandwich Hash Brown Potatoes Hot Vegetable Fruit or Pizza</p>	<p>25</p> <p>Cheese Pizza Garden Salad w/ Spinach Lite Dressing Fruit or Cheeseburger on Wheat Roll</p>	<p>26</p> <p>Midterm Exams Sandwiches available during break</p> 	<p>27</p> <p>Midterm Exams Sandwiches available during break</p> 
<p>30</p> <p>Midterm Exams Sandwiches available during break</p> 	<p>31</p> <p>Midterm Exams Sandwiches available during break</p> 	<p>Exam schedule subject to change due to any snow days that may occur.</p>		<p>The new 2010 Dietary Guidelines want you to increase fruits & veggies in your diet, See the back of the menu for easy ways to to do that!</p>

10 oz Milk served with all meals Vegetarian Meals Available Menus subject to change **No Charge policy in Vernon Cafeterias

Daily Meal Options- Nacho or Pretzel Lunch, Salad Bar, Deli Sandwich Price: \$2.75/day \$41.25/month(Jan- 15 days)